

Manual of
GOOD PRACTICES
for Regenerative Tourism

L Pousada Literária
de Paraty





Contemplate nature,
landscapes of rare beauty
Diving, flying, hiking, climbing
Without causing any harm
Wanderley Luís dos Santos



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Introduction

Located in the heart of Paraty's historic center, in the state of Rio de Janeiro and within the Atlantic Forest biome, Pousada Literária holds that sustainable initiatives and efforts are critical in providing visitors with meaningful experiences that will spur them to take action for the future of our planet.

There is a commitment to structuring and implementing strategies and programs with the potential to maintain the biome and essence of Paraty through regenerative tourism. This promotes a well-balanced, sustainable, and integrated development of the region, which assists in the conservation of the environment while simultaneously enhancing the local culture and community.

With this in mind, the Manual of Good Practices for Regenerative Tourism represents a thorough examination by Pousada Literária of crucial topics, including conservation of biodiversity, sustainability, and well-being. With the conviction that collaboration between the local community and travelers fosters regenerative tourism, this material aims to inspire the implementation of sustainable practices, positively impacting the entire tourism chain in the area, and attracting more responsible visitors.

The tourism practices presented in this document are rooted in the principles of sustainability and were collaboratively developed by sector representatives. These guidelines draw upon both national and international sources and have been tailored to reflect the unique needs of Brazilian tourism.



The Pousada
Literária

To comprehend the dedication of Pousada Literária towards conserving the biome and essence of Paraty, it is important to understand the pousada's connection to the territory and its consequent concern to promote sustainable practices.

Located in the heart of Paraty's historic center, Literária offers guests a sensory connection to the city's land and sea. With colonial architecture and a timeless atmosphere, the pousada is situated in a group of colonial mansions around a central garden, providing a serene and peaceful backdrop for its suites and villas.

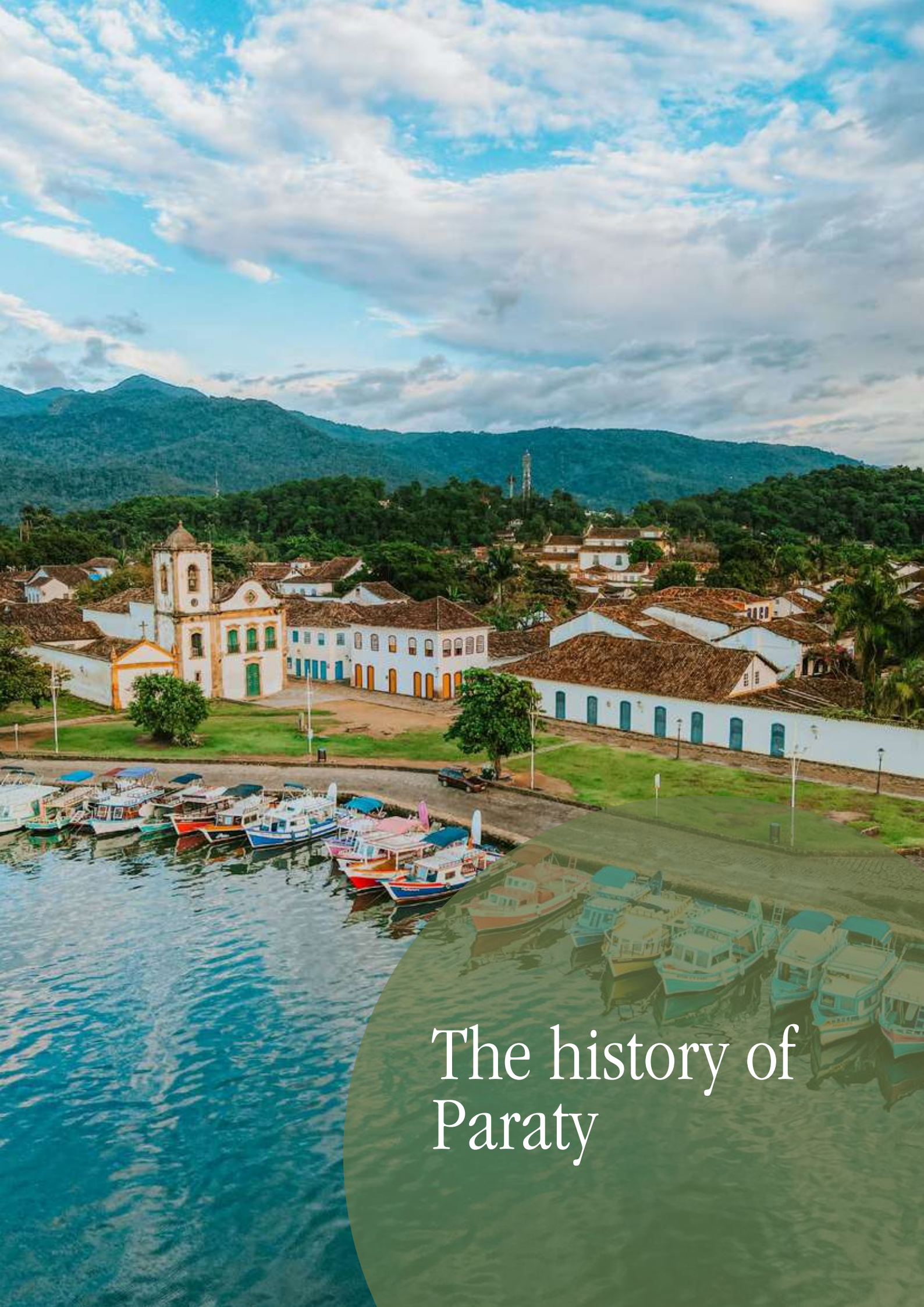
Although the land was mostly empty until the 1950s, the pousada boasts an ancient history. It faced Rua do Comércio and ran towards Rua Domingos Gonçalves de Abreu. It then continued to the corner of Rua Aurora and stretched for around 80 meters towards the sea. The site comprised various structures, including a modern-style house constructed in 1940 and two small warehouses. Following the demise of the original owners, the new owners partitioned the land among their three children, and they mapped it out.

Around 1970, Maria Della Costa acquired a considerable portion of the unsold area and constructed the Hotel Coxixo, one of the earliest hotels, together with the Pousada Pardieiro. This was primarily targeted towards visitors seeking to combine relaxation, comfort, and recreational activities within the historic district of Paraty. Years later, Pousada Literária acquired Hotel Coxixo, refurbished it, and also obtained adjacent properties.

Over time, Literária has evolved to provide greater comfort and improved amenities, all while prioritizing the well-being of its guests. This dedication to quality and hospitality is in harmony with the region's rich cultural and natural heritage. Ultimately, the pousada offers a unique experience that balances both activity and tranquility, making guests feel at home.

A serene and calming environment awaits as you enter, offering lodgings that capture the true essence of Paraty. With a spa and access to the renowned gastronomic experience at Quintal das Letras, which is adjacent to the pousada, this is the perfect escape. Various dining, art and shopping options lie at a short distance from the doorstep. Immerse yourself in stunning landscapes in the midst of nature conservation areas, nestled in the heart of the Atlantic Rainforest.

This vibrant connection with Paraty inspires Literária to engage with regenerative tourism and implement actions that support the surrounding ecosystem. They are aware of the significance of sustainable development and generating income for the local community while preserving the environment and promoting the rich culture found in the city. Paraty is known for hosting events such as the "Flip - Paraty International Literary Festival," which further highlights its role as a cultural destination.



The history of Paraty

After going back in time to comprehend the relationship between the Pousada Literária and Paraty and the aim to encourage restorative tourism, it was necessary to briefly analyze the region's history using a text authored by Diuner Mello.

Mello is responsible for the content of this chapter, writing about stories that he studies, researches and hears. He helped establish the Paraty Historical and Artistic Institute and was honored with the title of Golden Citizen by the DLIS network for his study of the Caminho do Ouro-Estrada Real route.

Brief notes on the history of Paraty, by Diuner Mello

The Portuguese settled in the region during the late 16th century and began trading with the indigenous Guaianas people, who lived there. The settlers received goods like furs, exotic animals, and amber from the indigenous people, while they traded colored beads and steel tools like axes, knives, and scythes.

Today, the Municipal Cemetery stands on a hill where the first residents once settled. They built their homes with thatched roofs and a chapel honoring São Roque.

Paraty became an important stop on the country's interiorization path after they used an indigenous trail that connected Paraty to Taubaté (SP), in the Paraíba Valley. In 1630, they relocated to the Perequê Açu and Patitiba river floodplain, a land gifted by Dona Maria Jácome de Melo, and built a church honoring Nossa Senhora dos Remédios (Our Lady of Remedies) as per the land donor's requirement.

In 1660, the people of Paraty rebelled and created their own town, ending their dependence on Angra dos Reis. On February 28, 1667, Dom Afonso VI acknowledged their new town in a Royal letter. He gave it the name Vila de Nossa Senhora dos Remédios de Paraty.

With the Estrada Real opening up in 1660, the indigenous built trail was more accessible and Paraty began to prosper. Furthermore, the uncovering of gold in the Minas Gerais area and the ensuing utilization of the road for mine access made Paraty a significant commercial hub, establishing it as a crucial stop in providing travelers with provisions on their way to the mines.

Shortly afterwards, in the 1700s, they built a new Mother Church. Additionally, they constructed Santa Rita church for pardos who had been freed and Nossa Senhora do Rosário (Our Lady of the Rosary) church for black slaves and freedmen. On the Estrada Real, they established Casa dos Quintos for collecting tax on gold and smelting it into bars. To ensure the port's safety, they constructed fortifications along Paraty Bay. During this time period, sugar and aguardente (sugar-cane liquor) mills became more established, leading Paraty to become known for high-quality cachaça throughout Brazil. The construction of the current Mother Church began at the end of the century.

In the 1800s, the mountain road was no longer utilized for transporting gold and instead, coffee from the upper Paraíba Valley (SP) began passing through it. The coffee industry brought progress to Paraty. This led to the building of the Chapel of Nossa Senhora das Dores (Our Lady of Sorrows) and the Santa Casa de Misericórdia (Holy House of Mercy). The village became a town in 1844, and Julia da Silva Bruhns was born in Paraty's Graúna region in 1851. The daughter of German Johann Ludwig Hermann Bruhns and Brazilian Maria Senhorinha da Silva became Júlia da Silva Mann after getting married. She later became the mother of Thomas Mann, who received the Nobel Prize for Literature in 1929.

By the end of the century, the town faced decadence and isolation due to the Rio-São Paulo Railroad construction and slavery abolition. However, things started looking up in the early 1900s with the arrival of new developments and progress.

In 1950, a precarious road was constructed to link Paraty to Cunha (SP) and, in turn, connect it to Guaratinguetá and the Via Dutra. This led to the arrival of the first tourists from São Paulo, initiating a tourism cycle. With the opening of the Rio-Santos highway, commonly known as BR 101, Paraty's tourist potential was consolidated.

The location's tourist appeal is strengthened by its biome. Conserving the Atlantic Rainforest in the surrounding mountains created the Serra da Bocaina National Park and other natural and environmental protection areas including Cairuçu and Tamoios APAS, Paraty Mirim State Park, and Juatinga State Reserve. UNESCO acknowledged the Atlantic Rainforest as a Biosphere Reserve.

In 2017, Paraty became a part of UNESCO's Creative Cities Network for its cuisine which features local dishes fabricated by recycling and using local ingredients. In 2019, UNESCO declared the Paraty and Ilha Grande region a Natural and Cultural Site of Humanity, with the purpose of protecting the natural environment, customs, and local experiences of its inhabitants. This recognition showcases Brazil's potential for tourism. It is the first time a site with both cultural and natural features has been acknowledged.

Dates showing why tourists find the city of land and sea attractive.

1945

Protection of the historic center as a State Historic Monument

1958

IPHAN listed Paraty

1966

Federal Decree No. 58.077, dated March 24, 1966, converted the municipality into a National Monument

Living Paraty

Local tips for visitors to experience the best of the city

- The first thing visitors will encounter is the historic center with its **uneven cobblestones**. You should wear comfortable shoes that are suitable for walking on the pavement and try to walk down the center of streets where the sidewalk is smoother;
- The noteworthy landmarks to see include churches, the Museum of Sacred Art (Santa Rita Church), the Paraty House of Culture, the Municipal Palace, the old jail, and preserved old houses;
- You can take **tours around the historic center** with local guides. Embratur accredits them, and you can hire them from tourist agencies or online;
- The **Perpetual Defender Fort** is on a hill near the town. You can enjoy a panoramic view of the bay and the town. Visit the inside of the building. It's worth seeing;
- Remember that at museums, exhibitions, and at the pousada, **view and appreciate** the displayed works **without touching them**;

- Besides the historic center, there are **guided tours to beaches**, traditional caiçara communities, Campinho quilombo, Guarani indigenous villages, Cachaça mills, waterfalls, and various trails in the Atlantic Rainforest;
- From these tours we recommend that you **only take souvenirs, photos and leave only your footprints**. Observe and respect the customs and traditions of the traditional communities present in the territory;
- **Saco do Mamanguá** is a narrow inlet that stretches for 8 kilometers and is 2 kilometers wide, resembling a fjord. It is a thriving habitat for various types of fish and crustaceans. The inlet has small beaches and is surrounded by pristine mountain scenery. At the end of the bay, there is a vast mangrove swamp and a steep trail that leads to a rock formation once named Itacolomi but is now called Pão de Açúcar. Standing on the rock offers a breathtaking 180-degree view of the bay and estuary. Access to the boulder is suggested to be accompanied by expert guides. Literária provides accommodation, with the same standard of service as the pousada, in a charming house in Saco do Mamanguá;
- There are dozens of **waterfalls** in the area, with the top attractions being Penhas (or “Tobogã”), Pedra Branca, Corisco, Taquari, and Graúna. It is recommended to visit these waterfalls with a group or an experienced guide;

- Visitors can take **sea trips** on either schooners or smaller boats. The schooners follow a set route, schedule, and duration. On the small boats, you can pick where to go and how long the trip will be. You can decide on your own or follow the suggestions from the sailors. Pousada Literária provides tours with their own boats and a marine crew dedicated to guests.
- **Paraty Mirim** contains tranquil water beaches and is home to Nossa Senhora da Conceição Church, the oldest in town, built in 1720. You can get to the area by car, bus, or van. The Guarani indigenous village is open for visitors. You can rent small boats to visit Saco do Mamanguá;
- **Quilombo do Campinho** is also worth a visit since, apart from meeting the locals, it offers great cuisine and handicrafts;
- At the southernmost part of the municipality lies **Trindade**, which boasts of five stunning open sea beaches. You can find a variety of accommodations and restaurants in the area. The “Piscina do Cachadaço” (Cachadaço Pool), located in the sea and surrounded by large rocks, is a stunning sight.



Regenerative
tourism best
practices

For Pousada Literária, to honor Paraty's history and participate in the community's daily life means working towards tourism development. This involves recognizing the potential of tourism to contribute to nature conservation and income generation, while supporting culture and promoting well-being for local residents.

Based on this realization, Literária analyzed and started implementing sustainable tourism practices that were exemplified by representatives in writing and everyday situations. The pousada's team followed international references with adaptations for the Brazilian reality, as well as national principles for each theme when structuring its internal policies. This initiative outlined principles to be followed in each area.

Sustainable tourism principles

- Respect current legislation;
- Ensure the locals' rights are protected;
- Preserve the environment and its natural diversity;
- Take into account the cultural values and heritage of the area;
- Encourage the growth of social and economic aspects in tourist spots;
- Ensure high-quality products, processes, and attitudes;
- Implement responsible planning and management;
- Promote safety at destinations.

Principles related to regenerative tourism

- Increase the positive impact of tourism;
- Allow visitors to reconnect with nature and ecosystems, promoting observation and awareness;
- Foster a sense of belonging and respect for the environment;
- Promote greater socio-economic inclusion and well-being for both visitors and communities;
- Support the restoration of landscapes, ecosystems, watersheds (e.g., springs), and biodiversity;
- Offer life-changing experiences by engaging visitors with the surrounding community and culture through hands-on learning opportunities;
- Provide moments of self-discovery.

With the principles established, Literária also selected a series of recommended actions to reinforce the the pousada and its guests' dedication to sustainability.

Good Practices



1_ **Consider how you want to travel**

When selecting your destination, investigate sustainable options, sites, environmentally-friendly hotels, and activities that support conservation.



2_ **Transportation**

Prefer modes of transportation with a lower environmental impact, such as trains, buses, or bicycles. If you must fly, opt for airlines that prioritize sustainable practices.



3_ **Minimize plastic usage**

Bring your own reusable water bottle, avoid plastic straws, and use recyclable shopping bags. Say no to one-time use packaging whenever you can.



4_ **Save water and energy**

Be aware of natural resource consumption during your stay. Take short showers, switch off the lights before leaving a room, and disconnect electronic devices when not in use.



5_ **Respect wildlife**

When you visit natural areas, make sure to stay a safe distance away from the animals and refrain from feeding them. Additionally, avoid purchasing products made from endangered species and participating in sightseeing tours that exploit animals in captivity. In Brazil, it's illegal to purchase, sell, transport, possess, or acquire handicrafts that are made from parts of native wildlife. Only native peoples, due to their traditions, can use objects created from animal parts, but selling them is prohibited. The sale of these items is prohibited.



6_ **Choose personal products that are suitable for the environment**

During your trip, when using sunscreens and repellents, opt for biodegradable products without substances harmful to the local ecosystem. Avoid chemicals such as Benzophenone-3 (oxybenzone), 4-methylbenzylidene camphor (4-MBC), octyl-methoxycinnamate (OMC) and octocrylene (OC), which have the potential to negatively impact marine life. Consider using sunscreens without chemical filters, known as 'physical sunscreens', which contain only mineral filters such as zinc oxide and titanium dioxide.



7_ **Ensure proper disposal of waste**

Use the correct garbage containers and sort the waste that can and can't be recycled. If you are in a remote location, bring your waste with you until you come across a suitable place to dispose of it.



8_ **Respect preservation rules**

Follow the guidelines set in designated areas like national parks and nature reserves. Only capture photographs, and do not leave anything except your footprints.



9_ **Be mindful of walks and activities**

Choose tour companies with sustainable practices that protect animals and nature. Avoid activities that harm the environment.



10_ **Regenerate**

When you visit a new place, aim to not only minimize negative effects and maintain existing conditions, but also make a positive contribution. Let's work towards regeneration.



11_ **Share your experiences**

Share your sustainable experiences with others. Once you come back from your journey, spread the word about your experiences with friends, relatives, and on social media. This will help to encourage sustainability in the tourism sector as a whole.



12_ **Buy from small local producers**

Consuming local products helps boost the economy of small communities, producers and family business. By practicing this on the way home too, you'll strengthen the businesses in your area, as well as creating relationships with the people who are close to you.



Sustainability Policy

Reflecting Literária's commitment to the local well-being, the Pousadas' Sustainability Policy originated from a study of the principles outlined in this **Manual of Good Practices for Regenerative Tourism** and is continuously developing.

Structured to support the promotion of practices and initiatives that positively impact regenerative tourism in Paraty, the Sustainability Policy assists in the achievement of balanced, sustainable and integrated development for the region, while preserving the environment and reinforcing the local culture and community.

To find out more about our Sustainability Policy, please visit our website www.pousadaliteraria.com.br



Promoting
sustainability
through guest
amenities

In addition to the ongoing studies and actions being developed, Pousada Literária has been solidifying its relationship with the principles of regenerative tourism and the guidelines of the Sustainability Policy through initiatives available to guests in their daily lives. These initiatives include the provision of choices and products.

Canned water

Guests at the Pousada Literária can drink canned water in both still and sparkling versions. This choice benefits both the guest and the environment, as the can is fully recyclable, and it has a recyclability rate in Brazil of over 98%.

Boxed water

This box is given as a courtesy to Literária guests. The pousada chose it because it can be reused and it is mostly made of plants, with 54% paper and 35% green plastic. It is completely recyclable and has a lid and top made of sugar cane. Also important is the paper used in the box, which comes from certified forests, and includes a mapped recycling chain with approved recyclers.

Clay filter

The water in the box is even more interesting because visitors can refill it in the clay filters placed around the Pousada. All the usual filters were changed to clay filters after American researchers conducted a study that was published in Colin Ingram's book "The Drinking Water Book". The book states that these filters, found in various Brazilian homes, are probably the best water purification system in the world.

Waste collector

To make it easier for guests to properly dispose of their waste, Literária provides a special recycling bin in each accommodation. This reinforces the importance of proper waste separation so that recyclable items can be correctly allocated, helping to reduce the negative environmental impact caused by improper waste disposal.

Repellent

At the pousada, you'll find sustainable products that reflect our commitment to the environment, such as natural, organic and vegan repellents produced by micro-entrepreneurs.



The relationship
with animals

In addition to looking for initiatives and products that contribute to the implementation of its Sustainability Policy, Pousada Literária values the adoption of good practices stimulated by regenerative tourism. This requires integrated planning that takes into account the biodiversity of the area and the animals welfare.

The animals are wild and freely roam around the Pousada Literária. Protected by laws and regulations, they live free, following the natural process of the food chain. Therefore, the Literária team strongly recommends not to feed the animals.

Why should you not feed wild animals?

By giving wild animals food that they wouldn't normally eat, visitors are responsible for changing their habits and endangering their survival. This danger includes consuming foods that are unsuitable, contaminated, or inappropriate for their bodies, which leads to digestive problems and, ultimately, reduces their chances of survival.

Also, providing food to wild animals can create an overpopulation of one type of species, harming others and causing an ecological imbalance in the local environment.

Familiarize yourself with the environment you will be visiting

Before you begin your adventure, it's important to know your destination. This includes understanding the region and taking the necessary precautions to avoid risks.

For example, if you plan to hike in a closed area of the Atlantic Rainforest, be sure to use plenty of insect repellent, as mosquitoes thrive in this ecosystem.

If you're planning to camp, it's important to know the area well to find the best places to set up your tents. The ideal location is away from crops and pastures, as these places tend to have rodents – the snakes' favorite prey. Also avoid camping near rivers or lakes, as wild animals often come to drink.

Watch your step and be aware of your surroundings

It's important to watch your step on ecotourism trips to avoid accidents. This is especially important because you're in the natural habitat of wild animals.

It's crucial to pay attention to the trail you're walking on during ecotourism, as one of the highest accident rates is due to not doing so. This applies to the ground as well as to heights.

Animals can bite or sting you if you step on them, so it's best to be extra cautious and turn the trail into a relaxing and nature-connected experience.

If the ground is covered with leaves, use a stick while walking to scare away any animals that may be nearby. If you step on an animal, it may bite or sting you in return, so it's important to be alert to make the trail a relaxing and natural experience. It's also important to keep an eye on trees to avoid being surprised by spiders or other animals that live in them.

It's important to avoid touching logs or sitting on the forest floor. Be sure to inspect the area carefully before doing so.

Another hazard you may face is a group of bees. If you are attacked, run quickly in a zigzag pattern to get away from the swarm. Bees tend to fly in a straight line.

Always be silent

Ecotourism is not a solitary activity, but it is a quiet one. Fortunately, this is good for the mental health of both the participants and the native animals. It's important to remember that animals are not used to people shouting at them every day.

In addition, maintaining silence during ecotourism is a safety measure to avoid unpleasant encounters with wild animals. In silence, you can hear things coming at you more clearly, which allows you to move away more quickly and safely.

Choose appropriate clothing and walk carefully

Choose appropriate clothing and footwear for your hike to ensure comfort and prevent heat stroke, foot and back discomfort, and wildlife accidents.

When participating in ecotourism, consider investing in comfortable pants, T-shirts, hats and boots to avoid encounters with poisonous animals.

I found a venomous animal. What should I do?

If you come across a wild animal, whether it's venomous or not, it's important to stay away and not touch it. You should not approach, touch, pet, feed, or frighten the animal.

This is because wild animals usually only attack people when they feel threatened in their own habitat. So, the best thing to do is to be respectful and careful by keeping a safe distance and letting the animal go about its business.

First aid in case of accident

Prevention is always the best choice, but unexpected incidents can occur and require effective first aid, diagnosis, and treatment. If an accident occurs, the first suggestion is to stay calm, despite the difficulty.

Diagnosis and treatment

Diagnosis is based on identifying the creature responsible for the incident. In certain cases, additional evaluation may be suggested. Treatment consists of symptomatic care and the administration of antivenom serum, depending on the species and situation. The Unified Health System (SUS) provides complete treatment and care free of charge.

For incidents caused by spider and black widow bites, pain can be relieved by applying warm compresses. Even if the person seems to be getting better, they should go to the nearest health facility to be evaluated for the administration of a special serum.

Specific guidelines for various animal types

In addition to the previous pages, Literária and the pousada group created a document that advocates proper safety measures and details a prevention strategy for accidents involving venomous animals.

The material explains the necessary actions to take when encountering various animals, including snakes, bees, jellyfish, spiders and scorpions. More information is available to emphasize that respecting animals and taking preventive measures are the best solutions for living in harmony with them.

A document entitled “Prevention and First Aid Plan” is available at the reception of the Pousada Literária.

IN GENERAL, FIRST AID RECOMMENDATIONS ARE:

- Seek immediate medical attention.
- Inform the health care provider of the animal's characteristics, including species, color, and size.
- Proper identification will ensure more effective treatment. Consider taking a picture with a cell phone, but be careful not to get too close.
- If possible, and if it won't delay medical attention, wash the stinging area with soap and water (unless jellyfish or stingers are involved), and keep the victim at rest and the affected limb elevated until the emergency room arrives.
- If an accident occurs to the extremities of the body (such as arms, hands, legs, and feet), it is best to remove any accessories (such as rings, bracelets, tied ribbons, or tight shoes) that could aggravate the injury.
- NEVER apply a tourniquet or cut the affected limb,
- Under NO circumstances should anyone assisting the victim pierce, cut, squeeze or suck the bite site;
- DO NOT apply substances such as leaves, coffee grounds, ointments, smoke, urine, alcohol, alcoholic beverages, kerosene, bottles, or any other substance to the bite area.
- NEVER attempt to suck out the venom as this may increase the risk of local infection.

Health care for accidents with poisonous animals in the region

UNITS FOR THE ADMINISTRATION OF ANTIVENOM SERUM

Paraty

Hospital Municipal São Pedro de Alcântara
Avenida São Pedro
de Alcântara, s/n° - Pontal
(24) 2371-1623

Angra dos Reis

Hospital da Praia Brava
Rua 14, s/n
(24) 3362-1272

In case of emergency, call SAMU - 192 - (Mobile Emergency Service) or the Fire Department - 193 - immediately. Pousada Literária's events emphasize prevention and provide guidance on how to assist guests in need of first aid.

A photograph of a traditional woven basket hanging from a wooden beam. The basket is made of light-colored, textured material, possibly straw or reeds, and has a dark interior. It is suspended by a thin rope. The background consists of vertical wooden slats and a wooden staircase. In the bottom left corner, there is a potted plant with green leaves. A large, semi-transparent green circle is overlaid on the bottom half of the image, containing white text.

Strengthening and
supporting the local
community and its
culture

For Pousada Literária, creating sustainable practices is directly linked to involving the local community in conversations and actions, while emphasizing care for the Atlantic Rainforest.

That's why they are aware that in order to support Paraty's sustainable development and preserve its biodiversity, it is crucial to ensure a balanced and integrated progress for the region. This includes strengthening the community and culture, as they are the true experts of the area and have the most interest in seeing all parts of it flourish.

To truly create a sense of belonging in its operations, Pousada Literária seeks the guidance of artist and designer Marcio Franco. A resident of Paraty for more than 40 years, he places great emphasis on praising local producers and craftspeople when decorating the pousada.

In this way, Literária celebrates local labor and honors the talents of the people of Paraty. Local artists, artisans and designers have contributed their work in various corners of the inn. For example:

Baskets from the Campinho Quilombo

The Pousada Literária values local history and art and sells baskets made by the Campinho da Independência Quilombola community. This community, founded in the late 19th century as the slave regime declined, began with three black women who were once slaves in Casa Grande. They were given the land by the slave master who owned the Independência farm. Quilombola handicrafts emerged from the work of black people who sought freedom by escaping slavery. Natural resources such as wood, taquara, maize straw, banana fiber, cinnamon and piassava are used to create objects and tools that make these crafts distinctive.

Dom João's painting in the Quintal das Letras restaurant

It comes from the photographer Prince Dom João de Orleans e Bragança - who published a book with his photos of Paraty, a city he visited in the 1960s and learned to love like his father. The image therefore comes from a source with other recent and archived photos - which present Paraty and its surroundings in the most diverse and beautiful ways: the streets, the buildings, the mangroves, the sea, the locals and scenes from popular festivals of Paraty and its surroundings.

Watercolors

In the Pousada Literária there are watercolors by José Andreas. He used to be the director of Paraty's House of Culture and organized cultural events. In 2007 he opened his studio in the historic center of the city. There he taught painting and drawing classes and exhibited his work. In the evenings, he performed in bars and restaurants.

The studio and music activities motivated him to create the "Brazil in Watercolors" project in 2009. This project is now on display at Literária. During the opening, there was music and the drawings were shown on a big screen. It led to presentations at Casa da Cultura and a new series in 2012 about an African slave. Andreas still works in his studio, where you can buy Paraty-themed watercolors or request a new piece.

Gifts for the children (wooden boats)

The Pousada Literária appreciates the artisans of the Mamanguá caiçara community and often buys different types of miniature boats, such as canoes, trawlers, sailboats, schooners and oars, to give to the children of its guests. These boats come in a variety of sizes and shapes, including tabletop, play, refrigerator magnets, and wall hangings. Visitors can view and purchase them as they please.

The Paraty-style delicacies are made by skilled artisans who use the caixeta tree in a sustainable manner. The treats have a Paraty touch and are the result of the work of artisans who use the caixeta tree in a sustainable way, as a result of courses they have taken to prioritize the quality of the product's finish and to meet market demands, without losing the essence of their traditional craft. The result has much to do with the link these artisans have with the sea.

In fact, the community has always developed tools for fishing, transportation and use, such as canoes, oars, crab cages, flour baskets, troughs, mats, etc. Since the local children didn't have access to industrialized toys, the adults started making miniature boats out of caixeta wood. Over time, the toys were sold in stores in Paraty, and today they are used as decorative pieces and are the main source of income for several families in Saco do Mamanguá.

Guest services

At the Literária, you'll have an unimaginable experience that goes beyond a simple visit to the reading room with over 2,000 titles. To truly experience Paraty, you must also be captivated by the natural world and be receptive to authentic sensory experiences that connect you to the city of land and sea. This includes exploring its protected areas, its breathtaking beauty, and its culture and history.

Literária guests have many experiences to choose from in the region, and a team of Paraty experts full of ideas to facilitate real connections.

Among the experiences, guests can visit Fazenda Bananal, which dates back to the 17th century and has 180 hectares of preserved land. It's an authentic immersion in the Atlantic Forest, combining nature, culture and gastronomy.

Guests can take boat trips to over 60 islands and 300 small beaches in Paraty Bay. This idyllic setting features clear, emerald waters surrounded by forests, perfect for boat trips. Literária's sailing team involves the community and has its own boats.

Another option for a nautical adventure is to take a gastronomic journey through Saco do Mamanguá on a private schooner named Maria Panela. This tour appreciates the local culture by offering sophisticated versions of the traditional caiçara cuisine.

You can also experience an informative guided tour of the historic center, which is more than just a walk, but rather a trip back in time led by an expert bilingual historian. The tour includes several historical and cultural sites such as the Port Quay, the Church of Nossa Senhora dos Remédios (Our Lady of the Remedies, the city's mother church), the Puppet Theater, the home of Prince João de Orleans e Bragança, and the Paraty House of Culture. The last point is Livraria das Marés, a reference point for anyone who loves Paraty and literature. With classic titles and new releases of contemporary literature, the bookshop is a place for meetings: launches, talks with authors, exhibitions and conversation circles. And at the back: a café integrated into a charming garden.

Services offered to guests by local suppliers

Welcoming guests to a genuine connection with Paraty, the Literária team is always available to arrange local places and professionals who deliver the essence of the region and allow visitors to experience the best of the city. Just contact us during your stay, indicate your interest and we'll prepare everything for you.

Some tour options with our partners:

Jeep tour - to waterfalls in the region;

Kayaking - along beaches and mangrove swamps;

Diving;

Bike tour (we have a bike rack);

Birdwatching;

Trekking;

Rafting.



References

Instituto Butantan

Pé na trilha – material de consulta para trilha

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Ministério da Saúde: Acidentes por animais peçonhentos: o que fazer e como evitar. Disponível em: <http://portalms.saude.gov.br/saude-de-az/acidentes-por-animais-peconhentos#hospitais>

The Long Run - <https://www.thelongrun.org/>

L Pousada Literária
de Paraty

Pedro Treacher

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Hospitality director

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